

# THE Y AT WOODLAND RECREATIONAL GYMNASTICS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Welcome to Gymnastics! To ensure your child has a positive and safe experience, take a moment to look over the rules and etiquette

- Health forms and waivers must be signed by a parent or legal guardian before participating in a gymnastics class or program. These forms are valid for one calendar year.
- Please arrive a little early and remove shoes and socks before entering the gymnastics area. This will ensure that we are able to start class on time. Belongings may be stored in the locker room. The YMCA is not responsible for lost, stolen, or damaged property. Locks may be used.
- Gymnasts and parents must wait on the viewing balcony for their class to be called. Spectators are asked to observe class from the viewing balcony.
- Only participants are allowed on the gymnastics equipment and must wait for coach to be directly supervising before use.
- Appropriate attire includes a leotard or form fitting clothing. Please avoid buttons, zippers, snaps, belts, jeans, or footed tights, and remove all jewelry.
- If your child has long hair, please have it tied back. Clips are not recommended.
- Have your child use the restroom prior to the start of class.
- Water bottles are allowed, but please do not bring any other food or beverage onto the gymnastics floor.

Woodland Community Center  
218-464-5172  
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## RELUCTANT CHILDREN

Some children, especially young children who have not participated in a class before, may be reluctant to jump into a new class. Our coaches will do their best to comfort them and encourage them to participate, however it may take a class or two of them observing and that's okay! They are still learning by watching. We may ask that you let your child watch from the side while you sit in the viewing balcony. We find that some children are more likely to participate if they can't see their parent.

## MAKE-UP POLICY

Because our classes are often full, we do not accommodate for make-ups. We ask that you try your best to be at each class on the days you selected. Classes cancelled due to weather will not be made up or refunded. If school is cancelled overnight, all morning programs will be cancelled through 11:00 a.m. After 11 a.m. it is recommended to call or check the website for further information.

## PICK UP AND DROP OFF

If your participant is 8 or younger, a parent or guardian needs to remain in the building. After class is over, the child must remain inside the facility until released to a parent or picked up. The Y at Woodland takes no responsibility for children on the playground outside of scheduled class times.

## Class Ratio

Preschool—1:6  
School Age—1:8

